

## CLAIMS

1. A method of judging fatigue, which comprises judging fatigue by using, as an index, a value obtained by quantitatively analyzing an adenine nucleotide in a sample to be measured.

2. The method according to claim 1, wherein the value obtained by quantitatively analyzing an adenine nucleotide is associated with fatigue.

3. A method of analyzing a sample to be measured obtained from a subject for judging fatigue, which comprises quantitatively analyzing an adenine nucleotide in the sample to be measured, and associating the value obtained by the quantitative analysis with fatigue.

4. The method according to any one of claims 1 to 3, wherein the fatigue is judged by comparing a value obtained by quantitatively analyzing an adenine nucleotide in a sample to be measured obtained from a subject, with a value obtained by quantitatively analyzing an adenine nucleotide in a sample to be measured obtained from a healthy person.

5. The method according to any one of claims 1 to 4, wherein the adenine nucleotide is at least one selected from the group consisting of AMP, ADP and ATP.

6. The method according to any one of claims 1 to 5, wherein the value obtained by quantitatively analyzing an adenine nucleotide is at least one selected from

the group consisting of concentration, construction ratio, concentration ratio and adenylate energy charge.

7. The method according to any one of claims 1 to 6, wherein the sample to be measured is blood.

8. The method according to any one of claims 1 to 7, wherein the fatigue is chronic fatigue syndrome.